



Product Spotlight: Apple

Apples contain 25% air, which means they float in water, and you can play apple bobs with them!



Beef Rissoles

with Crispy Potato Discs and Apple Chutney

Golden potato rounds roasted with thyme and served with beef rissoles, fresh salad and homemade spiced apple chutney.



35 minutes



4 servings



Beef

Save the recipe!

This chutney is delicious on pies, in sandwiches or served with roast vegetables. You can save the recipe so you can make it again!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	30g	26g	63g

FROM YOUR BOX

MEDIUM POTATOES	800g
BROWN ONION	1
TOMATOES	2
RED APPLES	2
MUSTARD	1 jar
BEEF RISSOLES	600g
AVOCADO	1
BABY COS LETTUCE	2-pack

FROM YOUR PANTRY

oil for cooking, salt, pepper, soy sauce, ground cumin, dried thyme

KEY UTENSILS

oven tray, saucepan, large griddle or frypan

NOTES

You can dress the salad with a pre-made dressing of choice if preferred. To make a quick vinaigrette, whisk together 1 tbsp vinegar of choice with 2 tbsp olive oil.



1. ROAST THE POTATOES

Set oven to 220°C.

Thinly slice potatoes (roughly 1/2cm thick). Toss on a lined oven tray with **2 tsp thyme, oil, salt and pepper**. Roast in oven for 20-25 minutes until crispy and cooked through.



4. PREPARE THE SALAD

Slice remaining apple and dice avocado. Chop lettuce. Toss together in a salad bowl (see notes).



2. MAKE THE APPLE CHUTNEY

Heat a small saucepan over medium heat with **2 tbsp oil**. Dice onion, tomatoes and 1 apple. Add to pan along with mustard, **1 tbsp soy sauce** and **2 tsp cumin**. Simmer for 20 minutes, then remove from heat.



5. FINISH AND SERVE

Divide potatoes, rissoles and salad among plates. Serve with chutney.



3. COOK THE RISSOLES

Heat a frypan or griddle pan over medium-high heat. Re-shape rissoles (if needed), coat with **oil, salt and pepper**. Cook in pan for 5-6 minutes each side or until cooked through.



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